



Triathlon: Skills Techniques Tactics (Crowood Sports Guides)

Steve Trew

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Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. This book offers practical advice on the skills and techniques of the three disciplines of triathlon (swimming, cycling and running) and a consideration of how to achieve the correct balance of training that is required in this multi-discipline sport. An analysis of triathlon's fourth discipline - the 'transition' - and the particular training required is also studied, as well as a discussion of tapering, nutrition and how to achieve the positive mental attitude that is vital for success. Finally, there is an examination of race preparation and how to analyse performance. Superbly illustrated with over 100 sequence and action colour photographs.



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